



¡Vamos juntos! To a bright tomorrow

San Antonio Metropolitan Health District Healthy Start - Health Education & Promotion

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www.sanantonio.gov/health/healthystart

The San Antonio Healthy Start Education Team conducts healthy pregnancy and teen health presentations to community groups, churches and schools throughout San Antonio. If you are interested in learning more about scheduling a presentation on any of the following topics, call 299-5035 to speak to a health educator.

NOTE: PRESENTATIONS CAN BE CONDUCTED INDIVIDUALLY OR IN A SERIES.

Healthy Pregnancy Topics

Gestation: 0-9 Months: Identify changes in mother and fetus; understand differences between routine and optional testing during pregnancy.

Keeping Healthy During Pregnancy: Learn the importance of healthy lifestyle choices.

Taking Advantage of Prenatal Care: Understand the importance of early, regular prenatal care.

Nutrition during Pregnancy: Identify nutritional foods and appropriate weight gain.

Stress during Pregnancy: Understand the importance of taking care of oneself and nurturing supportive relationships.

The “No’s” of Pregnancy: Identify dangerous behaviors and ways to change them.

The Big Day: Learn about labor and delivery and different choices for the big day.

Caring for Your Baby: Understand basics of baby-care.

The 10th Month-Postpartum Period: What to expect from the postpartum period and how to identify postpartum depression.

Teen Health Topics

Puberty and Hygiene: Understand the emotional and physical changes that occur during puberty; learn personal hygiene techniques.

Male/Female Reproductive Anatomy: Identify and explain the parts and functions of the male and female reproductive systems.

Self-Esteem: Engage in self-discovery activities while gaining tools to develop and maintain personal self-esteem.

Healthy Relationships: Discuss respect, how to be assertive and differences between healthy and unhealthy relationships.

Responsible Decision Making: Identify alternatives, consequences and understand decision-making process.

Family Planning Methods: Identify various birth control methods, their uses and effectiveness rates.

Sexually Transmitted Diseases (STDs): Identify causes, symptoms, prevention techniques and treatment options for common STDs.

Parent/Child Communication - “Can We Talk?”: Parents learn how to talk to kids about self-esteem, puberty and sexuality, mixed messages and peer pressure.

The educational presentations are based on the following curricula: March of Dimes' Comenzando Bien, Teen Outreach Program and the Healthy Start Community Education Curriculum. Presentation objectives and content are available for review.